



State of Indiana
Indiana Department of Correction
Division of Youth Services

Logansport Juvenile Correctional Facility

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7/9/2018

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LJCF-14-03

FACILITY DIRECTIVE

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WELLNESS POLICY

WELLNESS

The Wellness Committee has established the following Wellness Policy for the Logansport Juvenile Correctional Facility/Vantage Pointe Learning Center and Logansport Intake Facility.

The Committee recognizes that good nutrition and regular physical activity affect the health and well-being of students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, this facility can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the facilities meal programs, by supporting the development of good eating habits, and by promoting increased physical activity during students stay here.

Wellness Committee:

The following staff members shall sit on the Wellness Committee: Program Directors, Principal, Recreation Coordinator, and Assistant Food Service Director. The Committee designates the Warden as the individual charged with operational responsibility for measuring and evaluating the facility's implementation and progress under this policy.

The Committee sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education and nutrition promotion, the Facility shall:
 1. Student shall be provided meals consistent with the parameters set by the National School Lunch Program and snack program and meet the nutritional requirements established by the USDA for the federally funded program.
 2. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 4. Nutrition education posters, such as the Food Pyramid Guide, shall be displayed in the cafeteria.
 5. Nutrition education shall be designed and implemented to help students learn how to assess one's personal eating habits, and how to set and achieve goals for improvement.
 6. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
 7. The Facility may provide to parents information which is designed to encourage them to reinforce at home the standards and benchmarks being taught at this facility.

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8. School environment will reinforce the development of healthy eating habits, including offering healthy foods, health-conscience fundraising, and staff wellness support.
 9. Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
 10. Students shall be provided surveys bi-annually and encouraged to record recommendations.
 11. Nutrition education shall extend beyond the classroom by engaging and involving the facility's food service staff.
 12. Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
- B. With regard to physical activity, the Facility shall:
1. A sequential, comprehensive physical education program shall be provided for students in accordance with the standards and benchmarks established by the State.
 2. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
 3. The program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
 4. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
 5. Physical activity and movement shall be integrated, when appropriate, across the curricula and throughout the day.
 6. Students have access to water during the school day.
 7. The facility schedule consist of one (1) hour recreation consisting of large muscle movement on school days and two (2) hours recreation on non-school days.
- C. With regard to other Activities:
1. The facility shall schedule mealtimes so there is minimum disruption by groups, classes, recreation, and other special programs or events.
 2. The Facility shall provide attractive, clean environments in which the students eat.
 3. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
 4. A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children's behavior and academic performance.

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5. Faculty and staff wellness programs are incorporated to build effective school health initiatives.
6. Students have access to water during the school day.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. Contract dietician creates a menu consistent with national best practices, current National School Lunch Program, School Breakfast and Snack Program. The menu is approved by Contract Compliance Division. Menu will be posted and/or provided to students and staff.
- B. Only approved meals will be served at the facility. Any substitutions must follow approved substitution guidelines and/or meet medically prescribed diets and religious diets.
- C. Food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, as well as to the fiscal management of the program.
- D. The food service program shall provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. The food service program shall be administered by a qualified nutrition professional.
- F. All food service personnel shall receive pre-service training in food service operations.
- G. Continuing professional development shall be provided for all staff of the food service program.
- H. Foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, are not used as rewards for academic performance or good behavior.
- I. Rewarding children in the classroom will not involve candy or other foods that can undermine children's diets and health and reinforce unhealthy eating habits.
- J. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.
- K. Commissary food items will not be available to students to consume on school days until 3:30 pm.

An annual review shall be made of this policy by the committee. The committee shall evaluate the Wellness Policy using the Department of Education's Checklist. The committee will provide the Warden with any recommended changes to this policy.

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WELLNESS POLICYCommunity Input:

Progress reports shall be shared with the public using the following channels of communications: School newsletter, website, and other forms of communication. Community Advisory Board meetings will service as an additional opportunity to provide status update. Public, guardians and staff have access to communication via the website (www.in.gov/idoc/dys).

APPROVED: _____



DATE: _____

7-12-18